

List of Programmes in November to December 2024 – YL(C)IFSC

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| Name of Programme: | Seat group Aerobic dance |
| Date / Duration: | 01.11.2024 to 22.11.2024 (Every Friday) / 11:00 am to 12:00 noon |
| Venue: | Conference Room |
| Objectives: | <ul style="list-style-type: none"> ●To increase muscular strength and motor fitness ●To improve general and psychological wellbeing |
| Content: | Body stretches with music |
| Target Participants: | Female Members aged 18 or above |
| Fee: | Free |
| Contact Staff: | Miss TAM |
| Telephone Number: | 2470 1227 |
| Host: | Yuen Long (Central) Integrated Family Service Centre |

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| Name of Programme: | Stretching Relax |
| Date / Duration: | 05/11/2024-26/11/2024 (Every Tuesdays, 4 sessions) ; 10:30am – 12:30nn |
| Venue: | Conference Room, YL(C)IFSC |
| Objectives: | <ul style="list-style-type: none"> ●Stretch the muscles ●Relieve the stress from the participants |
| Content: | Through stretching exercis,, participants can relieve the stress from daily life, and to enhance the physical and mental health. |
| Target Participants: | members of our centre who are aged 18 or above |
| Fee: | Free |
| Contact Staff: | Ms FAN (Tutor comes from Leisure and Cultural Services Department) |
| Telephone Number: | 2475 1997 |
| Host: | Yuen Long (Central) Integrated Family Service Centre |

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| Name of Programme: | Trimming Success |
| Date / Duration: | 6/11/2024 – 27/11/2024 (Wednesday) / 3:00p.m. – 4:30pm |
| Venue: | Activity Room, YL(C)IFSC |
| Objectives: | To develop participants skills and explore their strengths. |
| Content: | Volunteer Mentor teach participants the basic techniques of hair cutting |
| Target Participants: | Members aged above 18 |
| Fee: | Free |
| Contact Staff: | Mr MAK (Volunteer Mentor : Paul Sir) |
| Telephone Number: | 2470 1585 |
| Host: | Yuen Long (Central) Integrated Family Service Centre |

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| Name of Programme: | Leisure weaving |
| Date / Duration: | 09/11/2024 (Saturday) ; 2:30p.m. – 4:00pm |
| Venue: | Conference Room, YL(C)IFSC |
| Objectives: | <ul style="list-style-type: none"> ●Learn the basic skills of knitting ●Learn how to share and cooperate with others |
| Content: | Through learning the basic skills of weaving, create a unique drink strap to encourage students to learn to share and collaborate with others |
| Target Participants: | Children who are primary students |
| Fee: | Free |
| Contact Staff: | Ms FAN (Teach by the volunteer tutor) |
| Telephone Number: | 2475 1997 |
| Host: | Yuen Long (Central) Integrated Family Service Centre |

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|----------------------|---|
| Name of Programme: | Communication Strategies: Parental Support |
| Date / Duration: | 15/11/2024-29/11/2024 (Every Fridays, 3 sessions) ; 07/12/2024 (Saturday) 10:00 a.m. -11:30 a.m. |
| Venue: | Conference Room, YL(C)IFSC |
| Objectives: | <ul style="list-style-type: none"> ●To share tips on discipline and communication ●To learn how to be harmonious yet different, and to respect each other |
| Content: | <p>Communication is an essential part of human interaction, but is that you want to express consistent with what your child receives? Everyone has different perspectives; how can we find harmony while respecting our differences?</p> <p>The three session will include “Parent-Child Communication Games”, which aim to deepen understanding between parents and children through play, fostering honest communication.</p> |
| Target Participants: | Parents who are already divorced or separated |
| Fee: | Free |
| Contact Staff: | Ms FAN |
| Telephone Number: | 2475 1997 |
| Host: | Yuen Long (Central) Integrated Family Service Centre |

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| Name of Programme: | Lego Building Fun |
| Date / Duration: | 30/12/2024 (Monday) / 3:00 p.m. -4:30 p.m. |
| Venue: | Conference Room, YL(C)IFSC |
| Objectives: | <ul style="list-style-type: none"> ●To help children understand their own and other’s thoughts and feelings ●To enhance children’s empathy and expressive skills |
| Content: | <p>Children will use Lego bricks to create various forms that represent their inner thoughts. Staff will guide the children in expressing the ideas and feelings behind their creations through language and other methods, helping them understand themselves and others better and increasing empathy.</p> |
| Target Participants: | Children from separated or divorced families (aged 6 -12) |
| Fee: | Free |
| Contact Staff: | Ms FAN |
| Telephone Number: | 2475 1997 |
| Host: | Yuen Long (Central) Integrated Family Service Centre |